



Pork and Wild Rice Casserole

READY IN



75 min.

SERVINGS



12

CALORIES



756 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 2 tablespoons butter
- ☐ 8 ounce mushrooms drained sliced canned
- ☐ 0.5 cup celery chopped
- ☐ 18 ounce cream of mushroom soup ready to serve canned
- ☐ 0.5 cup flour
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 pounds ground pork
- ☐ 3.5 cups half and half

- ☐ 1 medium onion chopped
- ☐ 2 ounce pimento diced
- ☐ 12 servings salt and pepper to taste
- ☐ 1 cup slivered almonds
- ☐ 6 cups water
- ☐ 2 cups rice wild uncooked

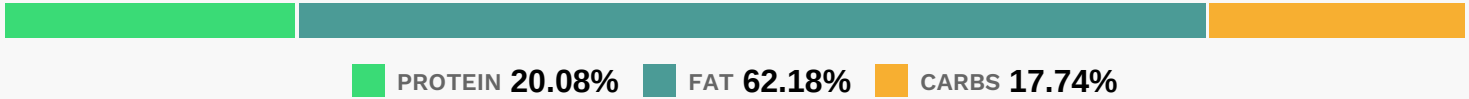
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Place rice and water in a pot and bring to a boil. Reduce heat to low, cover, and cook 45 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place bacon in a large skillet over medium-high heat and cook until evenly brown.
- ☐ Drain, crumble, and set aside.
- ☐ Place pork in skillet and cook until evenly brown.
- ☐ Drain and set aside.
- ☐ Reduce skillet heat to medium and melt butter. Stir in onion and celery, and cook until tender; set aside.
- ☐ Mix flour into remaining butter until smooth. In a bowl, mix the reserved mushroom liquid and half and half; stir into the skillet and cook until thickened. Stir in the soup.
- ☐ Mix in 6 cups cooked rice, cooked bacon, cooked pork, mushrooms, almonds, pimento, parsley, salt, and pepper.
- ☐ Transfer to a 9x13 inch casserole dish.
- ☐ Bake 40 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:13.52, Inflammation Score:-7, Nutrition Score:28.998260407344%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 755.68kcal (37.78%), Fat: 52.36g (80.56%), Saturated Fat: 20.44g (127.76%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 29.77g (10.82%), Sugar: 5.04g (5.6%), Cholesterol: 147.97mg (49.32%), Sodium: 804.37mg (34.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.05g (76.11%), Vitamin B1: 1.28mg (85.34%), Selenium: 45.42µg (64.88%), Phosphorus: 542.62mg (54.26%), Vitamin B3: 10.27mg (51.34%), Vitamin B2: 0.74mg (43.48%), Zinc: 6.3mg (42.01%), Vitamin B6: 0.82mg (40.94%), Manganese: 0.78mg (38.97%), Magnesium: 119.13mg (29.78%), Potassium: 853.23mg (24.38%), Copper: 0.48mg (23.86%), Vitamin K: 23.85µg (22.72%), Vitamin B12: 1.32µg (21.99%), Vitamin E: 2.87mg (19.12%), Vitamin B5: 1.89mg (18.9%), Iron: 3.16mg (17.56%), Fiber: 3.83g (15.32%), Folate: 59.3µg (14.83%), Calcium: 141.69mg (14.17%), Vitamin A: 577.81IU (11.56%), Vitamin C: 9.08mg (11%)